



SUFFIELD ROUND ABOUT

FREE

August
2016



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Issue 8

SUFFIELD SENIOR CENTER & MINI BUS NEWS

145 Bridge Street • Suffield, CT 06078

August Schedule of Programs at the Suffield Senior Center

Paula J. Pascoe Director

Marylou Brewster Assistant

Marzena Heimowski Transportation Scheduling

Hours: Monday through Thursday 8am-4pm • Friday 8am - noon

Senior Center Telephone: (860) 668-8830

Mini Bus Telephone: (860) 668-3844

E-Mail:..... Ppascoe@suffieldtownhall.com

In July, we held several very successful I-pad classes taught by volunteer Suffield High School students. We would like to continue throughout the year. If you are interested in learning a particular topic, the beginning basics of an I-pad, or anything else I-pad/ phone related, please let me know so I can ask the students to come back.

Our garden is in full swing and producing abundant vegetables. It is really nice for us to be able to share them with you either by using them in our lunches or putting them out on the share table. If anyone has a good recipe using zucchini, please share!

Do you like to bowl? Looking for some fun on Friday mornings? The Wii Team is looking to add members to their group. They play every Friday at 9 a.m. Stop in to check out the fun and join the team!

Paula Pascoe
Director

2016 TRIPS

- 8/18 Beauport Lobster Cruise \$89
- 8/29 Mohegan Sun Casino \$25
- 9/23 Buddy Jewell \$58
- 9/26 Mohegan Sun Casino \$25
- 10/6 Doo Wop Show \$55
- 10/16-20 Colonial Williamsburg & DC \$889
- 10/24 Mohegan Sun Casino \$25
- 10/24 Mohegan Sun Casino \$25
- 12/8 Christmas Around the World

Trip flyers are available at the Senior Center providing more information on each trip.

IMPORTANT INFORMATION**Steps You Can Take to Help the Opioid Crisis**

By Leslie Offenbach, MA- Director of Youth Services.

It is nearly impossible these days to open the newspaper or turn on the television without hearing about the “opioid crisis.” While it is very important to be educated and aware of this crisis, I feel it is more important to focus on what you can do to help. As the Youth Services Director the majority of my focus generally falls on the youth in town. However I am only one person. Therefore I need to ask for the assistance of the entire Suffield community in helping the Youth in town. There are two specific ways you can join this difficult task. For one, please play your part in limiting the access other people to have to your alcohol and medications. Although it is awful to consider that people you trust, love, and who come in to your life could violate your trust by taking items of yours that don’t belong to them, sadly it happens. Research shows that young people often start by misusing the prescription meds they have easy access to- specifically ones they can get from the medicine cabinet of family members. I ask you to go through your home and find any medications- over the counter and prescription- that you no longer use and dispose of them. Any medications (other than sharps) can be disposed of safely and for free in the red drop box located in the Suffield Police Department lobby. As for the medications you currently use; if possible, lock up the ones you don’t use on a daily basis, and keep counts of the rest in order to be sure you are the only one using your medications. I know this may feel extreme, but sadly there are too many instances of family members, house cleaners, and even delivery people taking pills from other people.

In addition to taking control and managing the medications you have in your house, I would like to ask that you be open to talking with the people in your life about the increasing misuse of alcohol and prescription medications and illegal substances. Sometimes just starting the conversation, say with “the number of people dying from drug overdoses is scary” or “what do you think about using drugs?” or “do you know anyone who has ever used drugs?” can be the difference between someone getting help and someone accidentally harming themselves. Don’t be afraid to speak up if you have concerns they are using or abusing alcohol, drugs, or prescription drugs. Often-times using alcohol and/or drugs is a symptom of a much bigger issue, substances can often be used to mask or “self-medicate” against different life stressors and mental health issues. If you have any concerns or questions or would like to assist someone in getting help, please call 211. If you would like to contact me, my phone number is 860-668-3329.

WORKSHOPS

Bereavement Support Group—Masonicare Partners Home Health & Hospice is partnering with the Emergency Aid Association to offer an eight-session support group to persons who are grieving the loss of a loved one. The group will meet at the EAA building located at 450 South Street in Suffield on Friday mornings at 11 a.m. beginning September 16th and ending on November 4th. The program is offered at no cost and a light lunch will be provided. The Suffield Mini Bus will be available to assist with transport, but residents must call and reserve in advance. Registration is required and space is limited. For more information, please call Emergency Aid Association at 860-668-1986.

Medicare Options—Are you turning 65? Learn about the Medicare options available to Connecticut residents on Medicare including Medicare Supplement plans, Part D prescription drug plans as well as Medicare Advantage plans. Kate McCloskey from Stateline Senior Services will also review the guidelines for Medicare Savings Program which can potentially save a Medicare beneficiary hundreds of dollars per month on the medical and prescription drug premiums and copays. Join us on Thursday, August 11th at 10:30 a.m. for this free information packed workshop.

UPCOMING HIGHLIGHTS

- 9/15 Life Re-Imagined (AARP) 10:30 a.m.
- 9/20 We Got Rhythm show & lunch 11:30 a.m.
- 9/29 Emergency Preparedness 10:30 a.m.
- 10/5 Polish Band Concert 10 a.m.
- 10/11 Medicare & Aetna 10 a.m.
- 10/18 Medicare & Health New England 10 a.m.
- 10/22 Halloween Fun in Suffield events all day
- 10/25 Medicare & United Health Care 10 a.m.
- 11/6 Dinner & Magic Show

The Dine Around Group will be dining at The Ranch Country Club 65 Sunnyside Road off Rte 10&202 in Southwick on Thursday, August 11th at 1 p.m.

FOR YOUR HEALTH & WELLNESS/SERVICES...

Blood Pressure Screenings – Held in the Clinic—August 10th & 24th at 11 a.m. – sponsored by Emergency Aid Association.

Chair Massage—Licensed Massage Therapist Kathy Hughes is available on the first and third Thursday of each month for chair massages, by appointment, between the hours of 10 a.m. and 1 p.m. The fee is \$10 for 15 minutes or \$20 for 30 minutes. Call to schedule your appointment today!

Foot Care – Held in the Clinic

Foot care nurses will be at the Senior Center on Tuesday, August 16th. Fee is \$29. Please call the Senior Center if you need an appointment.

Hearing Screenings—NOVA Hearing Services will provide FREE hearing screenings, clean hearing aids and check batteries and answer any questions you may have regarding your hearing or hearing devices. These screenings will be offered the first Monday of each month at 1 p.m. Call to schedule an appointment for August 1st.

ARTS & CRAFTS

SUFFIELD KNITTERS—Taking the summer off. See you in September!

A STROKE OF COLOR ART CLASSES—Lynda Montefusco, TDA, conducts classes in oils, acrylics, colored pencil, and pen & ink. She also offers decorative painting in your choice of medium. Please contact Lynda at 860-888-9558 for more information or to join a class.

ASSISTANCE PROGRAMS & SERVICES

Ask the Attorney – Elder Law Attorney, Marcia Hess will be available on August 4th from 10:30 a.m. to 12:00 noon to answer any legal questions or discuss topics relating to seniors. Please call for an appointment.

Certified Notary Public Services—Certified Notary Public with a background check, Joan Scata. To schedule an appointment, please call Joan at 860-977-7337.

CHOICES Counseling: Our CHOICES counselor is available to assist you on such topics as Medicare, Medicaid, Medicare Supplement Insurance, and Long Term Care Insurance by appointment. Please call the Senior Center to schedule your appointment.

Computer Assistance – Free computer assistance is available each Wednesday and Thursday beginning at 9:30 a.m. in the Computer Lab.

VOLUNTEERING for Meals on Wheels is a great way to make a huge impact in a short amount of time. By delivering meals, you bring nutritious food and a friendly visit to seniors in the Suffield community. Emergency Aid Association coordinates this program for the community. Local volunteers deliver the meals to homebound seniors Monday through Friday in Suffield in West Suffield around the noon time hour. They are especially in need of volunteers to deliver a regular route every other week. The time commitment is about one hour. Please call EAA at 860-668-1986 if you are interested.

MINI BUS

AUGUST SPECIAL TRIPS

- August 4: Walmart pick up starts at 8:30 a.m.
- August 5: Lunch at Country Diner pick up starts at noon
- August 9: SUMMER SPECIAL—Clinton Outlet shopping and lunch at Fish Tale's pick up starts at 8:30 a.m.
- August 12: Lunch at Chowder Pot pick up starts at noon
- August 16: Vernon Shops including TJ Maxx, Ann Hope, and Home Goods pick up starts at 9 a.m.

Special trips require five passengers.





AUGUST LUNCH MENU

All lunches are \$3.50

Wednesday, 8/3
Macaroni & cheese
Vegetable
Dessert

Wednesday, 8/10
Cheeseburger on a bun
Tuna macaroni salad
Chips
Dessert

Wednesday, 8/17
Pork tenderloin
Mashed potatoes
Vegetable
Dessert

Wednesday, 8/24
Stuffed cabbage
Rye bread with butter
Dessert

Wednesday, 8/31
BBQ chicken leg quarter
Rice pilaf
Vegetable
Dessert

Thursday, 8/4
Shepard's pie
Tomato wedges
Dessert

Thursday, 8/11
Crispy chicken on a bun
with lettuce & tomato
Parmesan potato wedges
Dessert

Thursday, 8/18
American chop suey
Marinated cucumbers
Dessert

Thursday, 8/25
Fish filet on a bun
with tartar sauce
Oven fries & coleslaw
Dessert

Thursday, 9/1
Tuna salad plate
Roll with butter
Dessert

Please make reservations 24 hours in advance.

EXERCISE CLASSES

Beginner Line Dancing – Every Thursday from 3 p.m.—4 p.m. \$2/class payable to the instructor.

Cardio Fit— 10:10 a.m.-11:10 a.m. M-W-F 9/12-10/28 (no class 10/10). 20 classes for \$70.

Chair Exercise—Wednesdays at 11:20 a.m. FREE with your donation of a non-perishable food item.

Combo Cardio Yoga—4:30 p.m.-5:45 p.m. T&Th 9/13-10/27. 14 classes for \$52.50.

Exercise Classes continued . . .

Pilates with Yoga—9 a.m.—10 a.m. M-W-F 9/12-10/28 (no class 10/10). 20 classes for \$70.

Line Dancing – Every Tuesday and Thursday at 10 a.m. Cost is \$2 per class payable to the instructor.

Yoga – Every Wednesday evening beginning at 6:30 p.m.; please contact Mary Callender at 860-668-5047 or 860-462-8397 for more information on this Wednesday evening program.

Zumba Gold —Thursdays at 6:30 p.m. Call Oti-lya at 860-881-3533 for more information or to register.

GAMES

Bingo – Every Wednesday and Thursday beginning at 1 p.m.; \$1 per card to play.

Bridge – Every Tuesday beginning at 12:30 p.m. in the Card Room; you do not need to be an expert!

Bunco – Every Friday at 10 a.m. Fee is \$5 per person which is prize money.

Dominos – Every Tuesday beginning at 10 a.m. in the Card Room.

Mah Jongg Group – Every Monday beginning at 9:30 a.m. in the Card Room.

Pool – Our pool tables are open during normal business hours.

Various Card Games – Every Monday, beginning at 1 p.m. and every Wednesday and Thursday beginning at 2 p.m. in the Card Room; stop by and see if there's a game for you!

Wii Bowling—Every Friday beginning at 8:30 a.m.

UPDATE YOUR BRIDGE SKILLS—We are currently seeking individuals interested in updating their bridge skills. This is for intermediate level players, but accommodations can be made for beginners. Lessons will tentatively begin in September on Wednesdays 9 a.m.—11 a.m. Please call and sign up if you are interested. We need at least 5 players.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Billiards 1 Library/Computers 9:30 Mah Jongg 1:00 Cards Hearing screening	8:00 Billiards 2 Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge	8:00 Billiards 3 Library/Computers 8:30 A Stroke of Color 9:30 Computer Assist. 12:00 Lunch 1:00 Bingo 2:00 Cards 6:00 KML program 6:30 Yoga	8:00 Billiards 4 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing Chair Massage 12:00 Lunch 1:00 Bingo 2:00 Cards KML program 3:00 Beginner Line Dance 6:30 Parkview Glenn	8:00 Billiards 5 Library/Computers 8:30 Wii Bowling 10:00 Bunco 12:00 Cards
8:00 Billiards 8 Library/Computers 9:30 Mah Jongg 1:00 Cards 6:00 A Stroke of Color 6:30 Suffield Meadow Mtg.	8:00 Billiards 9 Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color	8:00 Billiards 10 Library/Computers 8:30 A Stroke of Color 9:30 Computer Assist. 11:00 Blood pressure 12:00 Lunch 1:00 Bingo 2:00 Cards 6:30 Yoga	8:00 Billiards 11 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing 10:30 Medicare Options 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 6:30 Brandywine II	8:00 Billiards 12 Library/Computers 8:30 Wii Bowling 10:00 Bunco
8:00 Billiards 15 Library/Computers 9:30 Mah Jongg 1:00 Cards 6:00 A Stroke of Color	8:00 Billiards 16 Library/Computers Footcare 9:00 CHOICES 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color	8:00 Billiards 17 Library/Computers 8:30 A Stroke of Color 9:30 Computer Assist. 12:00 Lunch 1:00 Bingo 2:00 Cards 6:30 Yoga	8:00 Billiards 18 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing Chair massage 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance	8:00 Billiards 19 Library/Computers 8:30 Wii Bowling 10:00 Bunco 12:00 Cards
8:00 Billiards 22 Library/Computers 9:30 Mah Jongg 1:00 Cards 6:00 A Stroke of Color	8:00 Billiards 23 Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color	8:00 Billiards 24 Library/Computers 8:30 A Stroke of Color 9:30 Computer Assist. 11:00 Blood pressure 12:00 Lunch 1:00 Bingo 2:00 Cards 6:30 Yoga	8:00 Billiards 25 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance	8:00 Billiards 26 Library/Computers 8:30 Wii Bowling 10:00 Bunco
8:00 Billiards 29 Library/Computers 9:30 Mah Jongg 1:00 Cards 5:30 Brandywine I 6:00 A Stroke of Color	8:00 Billiards 30 Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color	8:00 Billiards 31 Library/Computers 8:30 A Stroke of Color 9:30 Computer Assist. 12:00 Lunch 1:00 Bingo 2:00 Cards 6:30 Yoga		